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Volume 11, Number 41



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July 19-July 25 1995

INSIDE

\$1 million offered for public housing drug program

News page 3

Personal responsibility must start at home

page 4

Sorority invests in black-owned businesses

page 8

President Clinton opposes limits to affirmative action

WASHINGTON, DC—President Clinton has rejected suggestions that affirmative action should apply only to the economically disadvantaged.

In a meeting with members of the Congressional Black Caucus on Tuesday, July 11, the president agreed that affirmative action should not be limited to people with economic need.

With this conclusion the door has been opened for the White House to fight for some government programs that assist middle-class minorities and women in areas where they have traditionally faced discrimination.

President Clinton tried to allay the fears of some caucus members that he would retreat from his position. He also assured them that his long-awaited review, which will be detailed in a speech on Wednesday, July 19, won't be of any trouble to them.

White House officials have cautioned that it (the review) may still advocate that some programs do more to help the disadvantaged, but the focus has shifted sharply away from an attempt to roll back programs. Those familiar with the review say the president has also concluded that

See PRESIDENT OPPOSES/page 6

East Orange Mayor and others to visit South Africa

EAST ORANGE—East Orange Mayor Cardell Cooper will be joining mayors from across the country to visit South Africa in August as part of a "Sister City" trade and investment mission to the country.

The mission will be held August 11 to 18 and is being sponsored by Sister Cities International, a Virginia-based non-profit organization. The travel expenses of the mayors are being paid by the association.

Cooper said, "I am proud to represent the city of East Orange and the state of New Jersey on this important mission to South Africa." He continued, "The dynamics of the business climate, in particular, opportunities for international trade with South Africa, have grown tremendously since the end of apartheid."

He said the mission has been in the forefront of promoting international trade with Africa. "In fact, we led the first economic trade mission to the continent of Africa (Ghana) from the state of New Jersey in 1993, on behalf of Gov. Jim Florio and state government."

That mission, to date, is the most successful trade mission ever in New Jersey, resulting in nearly \$60 million in business for U.S. companies according to Cooper.

Doug Baj, associate director of Sister Cities International said the delegation will meet with a cross of African municipal leaders seek.

See SOUTH AFRICA/page 10

AIDS HITS NEWARK BLACKS WITH A VENGEANCE

by Jan M. Edgenton Johnson

• Blacks make up over 80 percent of Newark's AIDS cases.

• Over 87 percent of the women with AIDS in Newark are black.

• Over 83 percent of the children with AIDS in Newark under the age of thirteen are black.

Black clergy leaders in Newark and surrounding areas have joined forces with the Black Leadership Commission on AIDS (BLCA) in declaring a national war on AIDS against what they say is a new epidemic—one affecting large percentages of women and children of color across America. A "groundswell" of black professionals in the fields of

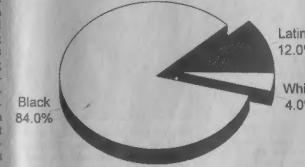
social policy, business, medicine, research, child welfare, as well as black elected and appointed officials, have joined forces to strategize, challenge and develop a plan of community action to confront this new crisis.

The Prudential Foundation and AT&T, in conjunction with BLCA, held a forum of local leaders to begin to pool resources to fight the devastating AIDS epidemic. BLCA launched its Newark affiliate and began mapping out a strategy for attacking the problem. Newark is one of seventeen cities targeted by BLCA for this community development initiative, which is recognized as one of the largest nationwide African American self-help initiatives in the war against

AIDS.

Percentage Distribution of AIDS Cases in Newark by Race.*

of Newark residents with AIDS= 4,733



Newark school take-over official, state moves in

by Sherry Burne

NEWARK—"Good-Bye, Mr. Campbell," yelled a crowd of spectators as the former superintendent of schools stepped off his chauffeur-driven automobile.

It looked like a scene from the 1970s police series, *S.W.A.T.* as state officials marched into 2 Cedar Street, to inform the Newark Board of Education (BOE) employees their time had expired to provide Newark's youth with a "thorough and efficient system of education." And without resistance board members and employees packed up and headed out.

On Wednesday, July 12, in a 6-0 vote the New Jersey Supreme Court ruled it would not grant the board's request to delay the take-over, which was part of its state appeal. U.S. District Judge Dickinson Debevoise concluded that he could not find irreparable deprivation of the Newark school

board members' constitutional rights. However, Newark board will be able to argue their case at a hearing next week.

After the noon seizure, a calmer Campbell, than seen previously at a NAACP press conference last month when he vowed to fight to the very end and said he would not comply with a take-over, emerged before a crowd of mixed emotions.

"I don't feel good—having started in the district as a teacher and been born in Newark and graduating from the school system. I came to do a job and I've tried to do it the best I could under the circumstances."

"I have done an thing wrong. I condemn my best, but I guess my best wasn't good enough," Campbell later stated in defense of his record as superintendent.

But not everyone agreed with Campbell. Donella Jackson, a parent and one-time board candidate in favor

of the take-over, who was involved in a shooting match with some of the former board members, said, "I'm here today to make sure these crooks come out of this building!"

Education Commissioner Leo Klagholt was content with the court's decision saying, "We're glad that the timing of the decision gives us a reasonable opportunity to get ready to open the schools in September and make noticeable improvements."

The commissioners has 60 days to select 13 of 15 people to serve on the newly formed Newark board. However, he seems to believe he will be given his work cut out for him as he says he is working against citizens who are represented by the Newark community.

"It's easy to say and a little harder to do. You have to get a board that is representative of the grassroots community. We need people with integrity who are trusted by the citizens, but we don't know who those people

might be."

Klagholt says he has already been in contact with Mayor Sharpe James who will choose the remaining two board members. The state Board of Education also issued an open letter, in various newspapers, to the citizens of Newark encouraging anyone interested in serving on the advisory board to submit an application to do so.

"It has to be a more open process than we had in the past, where names of the board members just get announced and the process was more of less closed," said Klagholt.

Acting state-appointed superintendent, Barbara Anderson, says the transition is running "smoothly" stating that the school district has been "professional, cooperative and supportive in their efforts." She also stated there will be efforts made by the newly run BOE to reach out to the Newark community thru more open

letters to the public, messages from the commissioner and public forums conducted by interim superintendent Beverly Hall.

"We are anxious to involve the community and to include citizens from the Newark community in those (advisory board) positions....We are soliciting community involvement in participation in activities that move forward, so members of the community should continue to look for request for their involvement," she stated page 2 and 8).

Anderson says they are first looking to access the offices and schools to make sure the schools are aware of what goes on in the offices. She also says one of the primary functions will be to make sure schools are up to par for September reopening. Beverly Hall, state-appointed superintendent, assumed her post Monday, July 17. If you have any questions or concern about the take-over you can call 1-800-204-3292.

DMV privatization will most affect women and minorities

by Michael Burton

PATERSON—Late office openings, long lines and chaos characterized last week's openings of private Division of Motor Vehicle Offices (DMV). Across the state, customers were frustrated as the DMV officially turned over 23 agencies to private operators. The delays included waits as long as four hours in the Wayne office, an hour and 15 minute late opening in the Oakland office and an early 3 p.m. closing in Jersey City, Wayne and Freehold.

The result is a new workers trying to master unfamiliar tasks and computer systems as they worked.

But Bob Thompson, a spokesman for the DMV, said the delays may have been caused by "unauthor-

ized union activity" and said that he would refer the cases of alleged sabotage to the Attorney General's Office.

Governor Christine Whitman has projected that the move to turn the agencies over to private vendors will create a \$4 million savings to New Jersey taxpayers. The move will also replace 334 low-paid state employees with 239 workers who will get less pay and few benefits. Only 74 of the DMV workers have agreed to take jobs with the private vendors.

However, some critics say the validity of the governor's plan. Senate Budget Committee Chairman Robert Littell, R-Sussex criticized the governor for moving too fast with the process and for not having the proper training of new staff, adding that these

agencies "handle sensitive documents." Assemblyman William J. Pascrell, D-Paterson, called for the governor to reverse her decision and for legislative leaders to call a session to override line-item veto. Pascrell, who visited both the DMV offices in Wayne July 12, described the conditions as "chaos."

The governor's plan also called for the closing of three offices, one of which was in Paterson. Pascrell, who is also the mayor of Paterson, said the people hit hardest by the closing are the working class. Paterson is 30 minutes away from the next closest DMV office which is in Wayne. However, people without cars will have to take several buses and endure a walk along a highway to

See DMV/page 10

Abu Jamal's race to avoid legal lynching

PHILADELPHIA—Mumin Abu Jamal is an African-American journalist, author and community leader in Philadelphia who most believe is wrongly accused of killing a police officer. Pennsylvania's Republican Governor Thomas Ridge has scheduled him for execution on August 17—without compelling evidence that Abu Jamal committed the crime.

The accused has always maintained his innocence. Eyewitnesses at the scene describe a person of different physical appearance and police never tested Abu Jamal's hands for blood.

Abu Jamal, a former civil rights activist and president of the local Black Journalists Association, had long been a thorn in the side of the local police establishment through his critical writings on police brutality and other con-

cerns. Police shot, arrested and beat him at the scene of the crime and, despite having no previous criminal record, sentenced him to death. Abu Jamal was born in Pennsylvania's Death Row for 12 years.

A recent letter signed by five members of the Congressional Black Caucus, addressed to the Attorney General of the U.S., sets out the case in the following words: "A reasonable person would accept the facts in the evidence in the face of ample evidence that his constitutional rights have been denied, that he did not receive a fair trial, and most importantly, that he is in fact innocent. Passionate and documented racial biases, both personal and societal, surrounded this man's arrest, his trial, his conviction and his sentencing."

Abu Jamal's community activism

dates back to the days of Frank Rizzo, former mayor and police chief of Philadelphia. The Fraternal Order of Police has been actively lobbying for his execution, while the police department has been reviewing the death penalty a key issue in his election campaign. The governor rushed to sign the execution papers on Friday, July 12 when he learned that Abu Jamal's lawyers were filing papers for a new appeal court hearing the following Monday.

Human rights activists have organized an international committee to educate the public and bring pressure to stop this gross miscarriage of justice. The committee, co-chaired by actors Denis Hayes and Mike Farrell, set forth the following position, "Months of investigation, research and review demonstrate unequivocally that Mumin, a

See LEGAL LYNCHING/page 10

Community servants hailed for generosity



Dr. Dorothy I. Height, NCNW president and CEO, seated left with Mary Anderson, branch manager of Aunt Jemima syrup, accompanied by honorees: 1) Nika Carlene of Columbus, OH; 2) Boris Burton of Peoria, IL; 3) Dr. John W. Lewis, Jr., Wife of East St. Louis, IL; 4) Detroit City Councilman Alberts Tinsley-Williams; and Yasmin Delahousse of North Hills, CA. The Tribute to Black Women Community Leader Awards program, which this year extended to nine states, honors African-American women who are affecting positive change in their communities.

WASHINGTON, DC—Representing communities from California to Michigan, five of the nation's most awe-inspiring community servants were honored recently as the National Council of Negro Women (NCNW) presented its Fourth Annual Tribute to Black Women Community Leader awards ceremony. The honorees also received an all-expense paid trip for two to the awards ceremony at the Washington DC's Grand Hyatt Hotel.

The awardees were selected from 45 state finalists who were honored in various fund-raiser breakfasts across the country from March through May.

The national honoree's were: Nika Carlene Lee, the student honoree, is a native of Columbus, Ohio, and a recent graduate of the Massachusetts Institute of Technol-

See COMMUNITY SERVANTS/page 10

PEOPLE

COMMUNITY CALENDAR

WEDNESDAY, JULY 19
VCR ALERT—Lions of Darkness—Part II airs at 11 p.m.

THURSDAY, JULY 20

WAYNE—1995 Summer Institute on Education (seminars on educational practices in use across the nation) at William Paterson College. For more info call 201-295-2438.

JERSEY CITY—Twenty-six annual Criminal Justice Seminar. St. John's College from 6:45 a.m. to 10 a.m. For more info call 201-209-2120.

FRIDAY, JULY 21
FRIDAY—Family Theater. *By the Light of the Silver Moon* puppet and lively action show at that Newark Museum at 1:30 p.m. For more info call 201-596-6550.

SATURDAY, JULY 22
WATCHING—An afternoon with John Copeland (photographer) at the Watching Arts Center from 3 to 5 p.m. For more info call 201-344-0190.

NEWARK—Recertification: How It Is Supposed to Work workshop for tenants at 95 Fleming Ave. at 10 a.m. For more info call 201-595-2438.

TUESDAY, JULY 25
NEWBURY AND NEWSTICK—“Preparing for the first year of college” workshop from 7 to 8:30 p.m. at Rutgers University’s College Avenue campus. For more info call 908-932-6869 or 1-800-HI-RUTGERS.

FRIDAY, JULY 28
NEWARK—Family Theater with Charlotte Black Alston presenting *From the Heart of My People* in the African oral tradition at the Newark Museum at 1 p.m. For more info call 201-596-6550.

JULY 28-30
ENGLEWOOD—Black doll show, sale and (doll making) workshop featuring Rhonda Stewart at the Radisson Hotel. For more info call 201-569-4709.

WEDNESDAY, JULY 26
PLAINFIELD—English as Second Language workshop at Plainfield Public Library from 6 p.m. For more info call 908-757-1111.

EAST ORANGE—Systas 4 Systas’ AIDS. Living with this killer disease program at East Orange High School at 4:15 p.m. For more info call 201-673-2193.

HACKENSACK—Open House at Bergen Schools at 10 a.m. For more info call 201-343-6000.

THRU JULY 26
NEWARK—Newark Black Film Festival at the Newark Museum. For more info call 201-596-6550.

NOW THRU JULY 30
NEWARK—“Newark Park and Thirty Years of Landmark Preservation” exhibit at The Museum of the City of Newark. For more info call 212-534-1672.

TUESDAY, AUGUST 1
SEA ISLE CITY—National Night Out Against Crime (exhibits, food, music, entertainment) at Seafly Field. For more info call 609-283-2300.

AUGUST 4-6
PITTSSTOWN—The Magic of Alexandria Ballroom Festival family event. For more info call 908-735-0870.

SATURDAY, AUGUST 5
NEWARK—Basic Tenant Rights workshop for tenants at 85 Fleming Ave. at 10 a.m. For more info call 201-344-7210.

SUNDAY, AUGUST 6
BELMONT—Family Fun Evening Kitefly at the North end of the beach. For more info call 908-787-4945.

WEDNESDAY, AUGUST 9
MOUNTAINSIDE—The NJ Symphony Orchestra at Echo Lake Park at 8:30 p.m. For more info call 908-527-4900 or 908-352-8411.

THURSDAY, AUGUST 10
HOBOKEN—Movies under the stars series features King Kong at Erie Lackawanna Plaza at 9 p.m. For more info call 201-420-2207.

New officers in for Union County Advisory Board on the Status of Minorities

ELIZABETH—The Union County Advisory Board on the Status of Minorities has elected their slate of officers for 1995. Reelected to their third terms as officers of the advisory board are: Jonny R. Rosser of Union, chairperson; Mattie J. Holloway of Hillside, vice chairperson and Shirley Palmer of Rahway, secretary. The other members of the advisory board

are from Elizabeth—Nelson Gonzalez, Linda Medina and John Donoso; from Roselle—the Rev. Theodore T. Goyens and from Hillside Walter Williams.

Established by the Freeholder Board in 1987, the county's Advisory

Board on the Status of Minorities was created to analyze and evaluate minority concerns in Union County, to provide information to the Freeholder Board relevant to the concerns of Union County's minorities and to review county policies and practices

as they pertain to minority issues and employment.

The board's focus for this year will be on services for youth and senior citizens, affordable housing and the availability of community resources.

Subira to keynote Langston Hughes Lecture Series



George Subira will discuss his latest book, *My Life in Black and White: A Memoir*, on *Male/Female Relationships*, Monday July 24 at 7 p.m. at the Plainfield Public Library. The discussion is part of the Langston Hughes Lecture Series. For additional information call the library at 908-757-1111.



EOP award winner

LAWRENCEVILLE—Tefence Jenkins, a senior at Rider University in Lawrenceville, NJ, received three awards at the recent EOP Student Awards Banquet. Jenkins received a certificate of achievement for being the highest ranked participant regarding EOP achievement, the \$100 Paul C. Sherr Student Book, and the EOP freshman English award for exemplary prose.

Photo courtesy of Rider University

The New Jersey Department of Education is seeking applicants for the STATE-OPERATED NEWARK DISTRICT ADVISORY BOARD

The New Jersey Department of Education invites residents of the city of Newark to apply for or nominate a candidate for consideration for appointment to the State-Operated Newark District Advisory Board.

In the selection process for members of the Newark advisory board, the following criteria will be considered in screening and interviewing applicants:

1. Resident of Newark eighteen years of age or over.
2. Representative of the grassroots community as opposed to the existing power structures.
3. Unblemished record of integrity.
4. Commitment to the interests of children above all other interests.
5. Recognition of the failure of the current system and acceptance of the challenge to institute significant changes which will require difficult decisions.
6. Ability and insight to evaluate decisions and hold the state accountable in a constructive manner.

Deadline is: August 8, 1995

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PLEASE COMPLETE THE ENTIRE FORM AND RETURN TO THE ADDRESS ABOVE. PLEASE PRINT LEGIBLY.

Please consider me (or, if a nomination, the following person) as an applicant for the Newark Advisory Board.

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

BEST TIME TO CALL YOU AT THAT NUMBER: _____

AKA honors community volunteers



Eloise Colman, (l) Lamya Clarke (second from l), and Barbara Harris chair of the Community Service Committee (r), and Alpha Kappa Alpha Sorority, Inc., honor Community Service Award winners Terry Pringle (third from l), Dr. Ruby Sampson (third from r), and Rosetta Hayes, (second from r).

Photo courtesy of AKA

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National News at a glance

NEWARK MAYOR FACES FEDERAL PROBE

Newark, NJ Mayor Sharpe James is facing a massive federal probe into his campaign fundraising tactics and his alleged lavish spending. U.S. Attorney Fred Hochberg has hit the mayor and other city officials with over 100 subpoenas demanding information around the spending of nearly \$3 million in funds raised by James and his Sharpe James Civic Association. James has suggested that this investigation is racial in nature and is part of a campaign against prominent black politicians. Prior to the investigation James had generally been credited with doing a good job in reversing Newark's downward slide.

—NEWARK, NJ

ARTHUR FLETCHER ENTERS REPUBLICAN PRESIDENTIAL RACE

U.S. Civil Rights Commission member Arthur Fletcher announced his candidacy for the Republican presidential nomination. The decision left many asking why, though long a member of the Democratic Party, Fletcher's views on such matters as civil rights and affirmative action are not widely accepted in the Republican Party and severely limit his chances of winning the nomination. Nevertheless, Fletcher vowed to "fight those in my party who are trying to destroy our gains in civil rights." Fletcher said he would turn his Washington, DC home into his campaign headquarters and would soon open campaign offices in Kansas City and California. Fletcher is the second black to enter the race for the Republican presidential nomination.

—WASHINGTON, DC

AFRICA FACES WORLD'S WORST REFUGEE PROBLEM

According to the United Nations High Commission for Refugees, Africa has now replaced Asia as the continent with the largest number of refugees. Last year, as a result of civil wars, famine and ethnic conflicts, there were 8 million refugees in Africa. There were 7.9 million in Asia. Asia became the center of displaced persons during America's war in Vietnam but has gradually become more stable since the U.S. was defeated. Meanwhile, the commission found that Africa's problems are being made worse by weak economic development and increasing tribal conflicts.

—UNITED NATION, NY

CONTROVERSY SURROUNDS ARTHUR ASHE MEMORIAL

A decision by the predominantly black Richmond, Va. city council to place a statue of late tennis star Arthur Ashe on the city's Monument Avenue along side those of five civil war Confederates has ignited a major controversy. Virtually no one is happy. Old South whites object and many blacks are upset, feeling that the Ashe statue should not be placed with those of people that most blacks consider as racists who fought to maintain slavery. As a result of the controversy, the ground breaking for the new statue has been postponed and new public hearings are set to begin this week. Ashe was a native of Richmond.

—RICHMOND, VA

DEMOCRACY MAY RETURN TO NIGERIA

The military rulers in the West African nation of Nigeria lifted their ban on political parties and raised hopes that democracy may be restored to Africa's most populous nation. Under Gen. Sani Abacha, the military seized power in 1993 after refusing to recognize the outcome of a popular election. Abacha said he planned to return power to civilians, but refused to say when. —ABUJA, NIGERIA

GROUP SEEKS TO BUILD BLACK OVERSEAS TRADE

Since 1991, the Leary Group had made trade connections for more

NATION

Smith introduces Juvenile Justice reforms

ASBURY PARK—Assemblyman Thomas Smith and his associate, Rep. Brian Collier, have introduced a package of reforms that would bring about sweeping changes in the structure, operation and approach of the state's juvenile justice system.

The five bill package, based on recommendations by Governor Whitman's Advisory Council on Juvenile Justice, would institute a comprehensive system of services and sanctions designed to protect the public and promote accountability.

"We need to restructure the way we deal with juvenile crime," said Smith, R-Monmouth. "We need to focus our energies and resources on developing alternatives for juvenile offenders, while at the same time, protecting the public."

One major initiative, co-sponsored by Smith, would create a single state agency—the Juvenile Justice Commission—within the Department of Law and Public Safety to coordinate efforts to combat juvenile crime.

"Currently, services and sanctions for juvenile offenders are divided among three different state departments," said Smith. "By consolidating services into one central agency, we can streamline the system and eliminate duplication."

The commission would be responsible for developing an alternative system for juveniles and would consist of an executive director, an executive board and an advisory council. The bill, A-2983, would also establish an Office of Education within the commission to supervise the educational programs in all juvenile facilities operated by the commission, said Smith.

Another measure, A-2991, sponsored by Smith, would establish a State/Community Partnership Grant Program as financial incentive for counties and municipalities to provide services and sanction options for juvenile offenders.

"Judges and prosecutors have complained about the lack of disposition options for juveniles at the county and local levels," said Smith. "This bill would encourage local prevention and intervention services and provide meaningful alternatives to crime."

A third bill, A-2990, co-sponsored by Smith, would authorize counties to establish county youth services commissions.

"It is essential that we create local agencies to develop and oversee community-based programs in order to keep our young people from turning

to a life of crime," said Smith. "Community youth services commissions would be charged with identifying the needs of at-risk juveniles, developing alternative community programs and assessing the effectiveness of existing services."

The fourth measure, A-2991, sponsored by Smith, would make changes to the New Jersey Code of Juvenile Justice, including requiring judges to consider accountability and public safety when sentencing juveniles.

"Judges who sentence juvenile

offenders currently consider only how to rehabilitate them," said Smith. "We must realize that some young offenders cannot be rehabilitated and, to protect the public safety, should be incarcerated."

The legislation also would promote parental responsibility by forcing parents who fail to exercise reasonable supervision to pay restitution for the crimes of their children.

In addition, the juvenile code would be amended under the bill to require that each term of incarceration be followed by a term of community service.

The final proposal, A-2992, co-sponsored by Smith, would clarify procedures for collecting fines or restitution owed by juveniles, or the parents of juveniles, as a result of a court order. The money would be collected by the commission.

"We need to attack the problem of juvenile crime from every angle—state, county and local. We need to pool our resources, redirect our efforts and give young people alternatives to a life of crime. Only then, will we be able to help them turn their lives around and ensure that the public's safety is protected," Smith concluded.

\$1 Million HUD grants offered to New Jersey Drug Elimination Program

WASHINGTON, DC—Senator Bill Bradley (D) announced that the Department of Housing and Urban Development (HUD) has awarded another \$1 million to the Drug-Free Program, which is housed in New Jersey housing complexes. The announcement comes just days after HUD awarded \$11 million to Housing Authorities throughout the state of New Jersey to assist them in eliminating drug-related crime in and around public hous-

ing projects.

The grant awards stem from The Drug Elimination Program, which is designed to reduce the level of drug-related crime in certain low-income housing projects.

Bradley said, "Taken together, these grant programs are an important step towards helping public and low-income housing communities to fight the scourge of drug-related crime and violence that plagues their com-

munities. We are providing them with the tools they need to make these homes a safer place to live."

Grant recipients include:

1. Brick Towers, Newark; \$125,000.
2. High Park Grds. I, Newark; \$120,535.
3. High Park Gardens II,

See HUD GRANTS/page 10



Some Meetings Are Just Too Important To Miss.

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OPINION

EDITORIAL

AIDS hits hard

The seriousness of AIDS has hit Newark full force. According to the Centers for Disease Control in December of 1994, 84 percent of 4,733 AIDS cases reported in Newark were African Americans.

Of the 1,502 women reported with AIDS 87.5 percent were black and of 135 children reported with AIDS 83 percent were black.

This is not a situation of someone having dropped a bombshell over Newark or no one knowing it was coming. Over the years hundreds of news reports, articles and television shows have provided the general public with information on AIDS. Several public figures have become spokespersons for this disease that does not discriminate in death.

It is time that we drop this nonchalant "it's the 90s" attitude and realize that we are paying a severe price for our behavior. Having unprotected sex must be dealt with first. If babies are being born with AIDS then there are some very selfish and irresponsible parents out there that are putting their unborn children's lives in danger.

It is not fair that a child who has no say about entering this world, most suffer from this deadly disease. If unprotected sex and drug use continue to be a part of people's lives then it is evident that there is no future or hope for tomorrow.

by Connie Woodruff

For years, administrators and teachers responsible for education in Newark lived on the edge. Last week, the chickens came home to roost when the State Department of Education seized control of the crisis-ridden system under the leadership of Leo Klahog, a courageous education commissioner dedicated to making a thorough and efficient education an equal opportunity for all students in New Jersey.

Upheld by court decisions, all the way up to the Supreme Court, to takeover the long failing system, officials from the state moved in and took over Out. Eugene Campbell, 12 members of his administrative staff and abolished the Newark Board of Education with lightning-like precision and accuracy.

Those who followed Campbell into temporary unemployment included Howard Caesar, associate executive superintendent; Bessie White, executive director, manage-

ment and budget; Norman Jeffries, controller; Howard Johnson, chief auditor; Everett Williams, senior auditor; Calvin Taylor, auditor; Brenda Wright, auditor; Marvin Comick, Charles Auffant and Sam Manigault, counselors; Connie Caponegro, acting director of human resources and the position of senior executive director of financial and administrative services.

Ousted board of education members by year 2000 include veterans and newcomers: Charles Bell, a member of the 20th Augustus Auditor, Guillermo Cruz, Cruz Jeffrey Dykes, Eleanor George, Dennis LaScala, Bessie Walker, Evelyn Williams, current board president and James H. Young, Jr.

By Beverly Hall, a top administrator in New York school district is the state-appointed superintendent who will lead the Newark system. She is scheduled to begin her tour of duty July 17.

She expects strong state support

for Hall who will face many challenges as she begins to work in a system that has run amok for nearly 30 years.

Already charges of "carpethagener" are wafting over the city. Hopefully Hall will not take such taunts seriously. "Carpethagener" are not unusual or unknown quantities of Newarkers.

This is especially true among school superintendents. Remember Kitzrels and Dr. Columbus Salley? One was a Philadelphia import, the other was recruited while a resident of Chicago.

In the government, two immediately come to mind, Richard Montel from Atlanta, Ga., to serve as Mayor Sharpe James' business ad-

ministrator and William Celester was top brass in the Boston Police Department prior to becoming Newark's current police director.

Overall, parents are divided on state control. Those in support think an outside person is a good idea; the opposed blame the state for New-

ark's failure, preferring leadership to come from the state for local professionals.

But that was the kind of superintendent they had in Eugene Campbell, a soft-spoken native Newarker who came through the ranks as a teacher principal to superintendent.

In the 1960s and 70s, Campbell was also a community activist member of Organization of Negro Educators (ONE) and Pan-African group formed by Amiri Baraka.

In the years between the Newark riots of 1967 and now, many Campbell friends sought teaching and administrative jobs in the school system and became power figures in politics, teachers unions and pressure groups interacting with the board of education.

Like others before him, Campbell knew that in Newark it is often not what you know but who you know that counts and sometimes the only route to keeping one employed at a desirable level.

See AS I SEE IT.../page 6

AS I SEE IT...

Personal responsibility should start at home

by Angelo Turner

To my shock and horror, a recently released FBI survey shows that while the murder rate among adults has steadily declined, murders committed by males aged 18-24 increased by 65 percent and murder by male youths aged 14-17 were up 165 percent for 1985-1993!

What disturbs many people is that these increases are taking place in spite of multibillion-dollar govern-

ment bureaucracies that are supposed to resolve these disturbing issues for us. Apparently, these bureaucracies created to prevent such mayhem have been miserable failures.

I would go further and argue that government policies are part of the problem. Did we as a nation really think that Government, Inc. could produce a better social cohesiveness than a loving, stable family?

The primary source of the current social mayhem that we witness today

can be traced to our national leaders who supported the very policies that undermined the extended family and the two-parent household.

The welfare state, by offering money to young unwed mothers, has created a dependent family unit. Dependent in that it could not survive without tax dollars.

In the good old days, mom and dad stayed together through thick and thin because they had each other for economic reasons; they be-

lieved strongly in the value of family life.

It was socially unacceptable to divorce and mothers believed that the most important job they could have was to raise their children to be responsible, contributing members of society.

Nevertheless, current leaders still hold to "underlying" external causes to excuse criminal behavior. Decades ago, low-income was not an excuse for dysfunctional behavior. Many

families considered "poor" by today's moral standards stayed together. Even the unwed mothers played together. As President Reagan writes in his autobiography, "Looking back I guess my family was poor, but we never thought of ourselves as poor, because we had each other." Families, not the federal government, hold communities together.

It cannot be stressed enough, the single largest factor that explains our trouble with juvenile crime is the

absence of fathers. A father's presence is essential for household discipline. On many occasions, I can recall telling my friends, "no thanks I might get caught," when asked to stay past curfew or to experiment with alcohol or cigarettes.

My father once told me that drugs were fatal the first time you used them. When I questioned his opinion, he explained that the first time would be fatal the last time for me because he would kill me if I ever tried them.

Now that may sound like a 1995 version of "child abuse" or parental insensitivity. Yet, to this day, I have never tried any illegal drug. Self-discipline, shame, punishment and personal responsibility are the pillars of a civil society. Unfortunately, these pillars have not been instilled in many of today's youth.

As a long-run social stability, we as a nation need to downplay prioritizing our civil plan before having children and instead focus on making sure that only physical violence, adultery and other serious violations of marital trust. Children need to be taught the basics of personal responsibility, self-esteem and commitment. Moreover, it does not require a Department of Responsibility & Family Values to do it. The Guidelines I have outlined can be done and are most effectively done, one by one, family by family.

If you cannot afford a child then do not have one. If you do not feel ready to make a marital commitment, then you should remain single and childless. If you only have \$50 in your savings account then you will not be able to have a child until you have a year or two.

If your child does something wrong, you should discipline that child. If you do something wrong, then you should admit it so that your children will not cynically view you as a hypocrite. Spend time with your children. Listen and talk to your children. Teach them the values of charity, hard work and self-sufficiency.

Buy them a Bible instead of a video game. Instill the work-ethic by example. These are things parents can do better than any artificial alternative.

Angelo Turner is chairman and CEO of the U.S. Advocates for Youth Foundation located in La Jolla, Calif.

The fight for freedom continues

by Aska Muhammad



If Pennsylvania Governor Thomas Ridge is not quickly brought to his death warrant and condemned to death, he will be a lonely, condemned journalist. Mumia Abu Jamal will be

carried out on August 17. If that happens, it will amount to the gravest insult to the black press, since its founding on March 16, 1827.

First, many people, this writer among them, consider Abu Jamal to be innocent and wrongfully convicted of murdering a police officer in 1981 by a racist and hostile Philadelphia police "in-justice" system.

Second, his date with the execu-

ters is set for the 158th anniversary of the birthdate of the Hon. Marcus Garvey, an editor and publisher (*The Negro World*) is his own right.

Finally, the uniformly execution date is scheduled during the 20th anniversary convention of the National Association of Black Journalists (NABJ), meeting in Philadelphia. What an ugly image, the largest and most diverse group of black working journalists and editors and broadcasters, independently meeting in a state, when the most famous death row inmate in a generation, a black man, is put to death, unable to affect the grisly matter. The NABJ is not sitting idly by, however; its leadership is very perplexed over the proximity and timing of Abu Jamal's execution and several activities are being planned in various NABJ quar-

ters to not sit idly by while the killing takes place.

What complicates this case is that Abu Jamal stands convicted of murdering a police officer, ironically, while radio host G. Gordon Liddy, a convicted Watergate conspirator receives the "First Amendment Award" from the National Association of Talk Radio Hosts, after giving his listeners a speech on where and how to shoot dead law enforcement officers to avoid hitting their protective body armor. Abu Jamal was censored by Public Radio and remains a victim in the courts of police anti-black hysteria.

All over the country, angry, militiamen protest of his conviction and death sentence have been held in be-

half of Abu Jamal. In San Francisco,

but those points, not withstanding the articles, painted a candid picture of far too often jobs go to family members and supporters who are not qualified for the positions they are given. It makes for poor government and denies opportunity to other people. But patronage, in and of itself is not bad. Politicians who are qualified in the positions they have and are unaffected by the articles.

A second point that must be made is there are some relatives who work for the city and the county who got their jobs on their own merits and have been employed for years. It is unfair to them to insinuate that what they worked for and prepared was not earned. Some mention should have been made in the story that they have been employed for years and earned their jobs.

What was even more disturbing than unqualified people holding jobs and the flagrant nepotism was the lack of accountability. Their response was they see nothing wrong with it, (saying) "that's the way the system works, everybody does it." One even went so far as to say that in the Italian language the word "nepotism" doesn't exist. Many of them really do care about the negative messages their action sends. There is no uprising or outcry from the public, so they just keep on doing what they're doing.

The response of some of the politicians is that they are angry with *The Star-Ledger* for doing the article. To

hundreds were arrested recently when "torch-carrying" demonstrators marched during President Bill Clinton's visit to that city for the commemoration of the 50th anniversary of the United Nations. Celebrities, including actress Osars Davis, Ed Asner, Melvin Van Peebles, Whoopi Goldberg, writer E.L. Doctorow anti-death penalty PEN, a writer's free speech advocacy group have also led their supporters to the cause, according to Daniel Weinglass, Abu Jamal's attorney.

Even if he had been convicted in a "fair trial," Abu Jamal should have not received the death penalty, legal observers note, because he arrived in on the scene of an altercation with Philadelphia police officer Daniel Faulkner, who was killed, and

Even if he had been convicted in a "fair trial," Abu Jamal should have not received the death penalty, legal observers note, because he arrived in on the scene of an altercation with Philadelphia police officer Daniel Faulkner, who was killed, and

One eyewitness described the assailant weighing 50 pounds more than Abu-Jamal. Another testified that the murderer wore an "Afro" hairstyle, while Abu Jamal wore his hair in dreadlocks hanging down his back. Four eyewitnesses reported seeing someone involved in the altercation flee the scene, while Abu Jamal was seriously injured.

The ballistic evidence presented at trial was suspect. The state claimed the murderer was on a gun legally registered in Abu-Jamal's name, yet police experts failed to match any of the bullets found in the officer's body, or the scene. When the gun was dusted for fingerprints, just hours after the incident, it failed to produce his fingerprints.

It would be a grave tragedy and miscarriage of justice if journalist Mumia Abu Jamal is put to death on August 17, during the 20th anniversary conference of the National Association of Black Journalists.

It is amazing that politicians of both parties cannot understand why people are turned off with politicians and government. Who benefits more than them? Where is their sacrifice, being hired on merit? It is indeed discouraging. What is happening with government is symptomatic of what is happening in our society.

We are now telling our children to go to school, study, work hard, be the best and they will make it, opportunity will be there for them. Many politicians, with the shared corruption in Essex County and New Jersey, have some of us questioning the advice we are giving them.

Ralph Wexler of the Institute of Ethics summed it up best when he said, "we're creating a society where cheaters prosper and you can't honestly tell children that honesty is the best policy." How sad indeed.

William Cook, Abu Jamal's brother, that was already in progress where there could have been no premeditation to commit murder, if he was guilty of manslaughter in the killing.

Abu Jamal did not receive a fair trial.

His defense was allotted only \$150 for its entire pre-trial investigation. Although more than 125 eyewitnesses gave statements to the police at the scene, the prosecution hand-picked two...both had prior convictions and penitentiary terms. Abu Jamal's attorney, Daniel Weinglass, Abu Jamal's attorney, was not allowed to exchange evidence with the prosecution.

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RELIGIOUS CALENDAR

JULY 18 - 20
SECAUCUS—Church leaders (100+) gather at Meadowlands Convention Center. For more info call 908-769-7300.

THURSDAY, JULY 20

HAWTHORPE—Christian Music presents Wayne Scott, Farley, Rachael Horn and Scott Klaesendorf at Hawthorne Goodwill Church. For more info call 201-584-5995.

SATURDAY, JULY 22

SCOTCH PLAINS—Christian Group Three Crosses at Evangel Church. For more info call 908-262-7811.

TUESDAY, JULY 31

N. PLAINFIELD—Register for the Vacation Church School for youngsters in grades K-6 at the Watchung Avenue Presbyterian Church from 9 a.m. to noon.

AUGUST 8 - 13

PLAINFIELD—Eleventh annual Holy Convocation "Focus on Glory" nightly services with guest keynote speakers at 7:30 p.m. at Rose of Sharon Community Church. For more info call 908-757-6358.

AUGUST 10 - 12

CRANFORD—"Jesus Christ Super Star" a play at First Presbyterian Church. For more info call 908-351-7282.

SUNDAY, AUGUST 13

PLAINFIELD—Annual National Holy Convocation "Focus on Glory" at 2 p.m. with keynote speaker Bishop Herbert Bright at the Rose of Sharon Community church. For more info call 908-757-6358.

MONDAY, AUGUST 14

EAST ORANGE—Afternoon of Gospel Music at Soveral Park from 3 to 7 p.m. For more info call 201-266-5147 or 5123.

Drug prevention agency reaches out to neighborhood

NEWARK—In an effort to bring drug and substance abuse services directly to Newark's neighborhoods, the Newark Fighting Back Partnership (NFBP) has opened its second neighborhood service center in the city's Central Ward.

Only one of 14 nationally, to be

designated a fighting back site, Newark has received support to plan and implement anti-substance abuse initiatives over the next few years.

The new facility, The Irvine Turner Neighborhood Commons, is located in the Central Ward's Shoppin

Bag Mall on Aven Avenue.

According to the Rev. Edward Smart, pastor of the Israel Memorial AME Church, who also serves as NFBP's co-chair of the board, the second center will duplicate the programs which have been ongoing at the MLK Neighborhood Commons opened last year.

"By locating these outreach centers within the neighborhood, we can better service the target area residents. By increasing the accessibility of job counseling, referral to treatment centers, immunizations for chil-

dren, after school programs and recreation outlets, we've seen a dramatic increase in the number of people seeking help."

NFBP Executive Director Thomas McClelland explained its role as a prevention agency with the goal of bringing existing community players together to fight substance abuse. He noted that the services provided by the Neighborhood Common were

determined through a series of community meetings where residents were asked for the type of assistance they needed.

"We then established partnership with the support of community leaders, health care professionals, clergy, law enforcement professionals, school officials, residents and local officials to help us deliver these services," said McClelland.

The organizations, which have on-site representatives at the MLK Neighborhood Commons at this time, are staff from the Mayor's Office of Employment Training, the police department, the County Welfare offices and the University of Medicine and Dentistry. Similar programs will be implemented at the new Commons, with at least one more site opening planned this year.

Tenant's coalition workshops continue

NEWARK—Parts two and three of the Summer Workshop Series on Tenant Rights at Seton Hall Law School's Center for Social Justice will be held on Saturday, July 22 and August 5.

The July 22 workshop will focus on "Recertification: How It Is Supposed To Be Done" On August 5 the discussion will be on Basic Tenant Rights.

Workshops will be run by legal experts from Essex Newark Legal Services, New Jersey Housing & Mortgage, Jersey City Housing Authority and the Department of Housing & Urban Development (HUD) when appropriate. All workshops will be from 10 a.m. to 12:30 p.m. and will be held in the Moot Court Room. On the first floor.

Pre-registration is required to limited space. To register call Nancy Zak, at 201-344-7210.

Brister to star in gospel musical, *Silver*



William "Briss" Brister

HIV testing offered for pregnant women

TRENTON—Governor Christie has signed legislation requiring doctors to inform pregnant women of the benefits of HIV testing and give them the opportunity to be tested.

"For many babies born in New Jersey this year, this legislation will finally give the opportunity for life and death," said the governor.

"A woman should know that testing may save her child and maintain her own health and that she and her baby can be evaluated and appropriately treated," she added.

The commissioner of health is required by the new law to establish guidelines for notifying and providing counseling for women who test positive for HIV.

This information is protected by state confidentiality laws. The law authorizes civil actions against individuals who disclose information about positive test results without the permission of the women who were tested.

The legislation also provides that no woman shall be denied medical care because she refuses to be tested for HIV.

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other specialty services like Home Improvement Loans, Secured Credit Cards and Discount Checking and Savings Accounts. At First Fidelity, it's all part of our ongoing commitment to the people and communities where we work and live.

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ed in a positive direction," said New Jersey Rep. Donald Payne, chairman of the caucus.

The president also voiced his concern for initiatives like the one limiting affirmative action in California.

President Clinton, who has the task of pacifying minorities as well as whites who feel they have been hurt by affirmative action, is still expected to promote measures that will ensure that whites aren't victims of reverse discrimination.

"The president seemed to be head-

Helpful tips for choosing an air conditioner

NEWARK—If you're thinking about buying a new air conditioner now that the summer heat is here, there are a few things you should know when comparing the different models. Careful selection will help you choose the air conditioner that's right for your home. PSEA&G has offered a few tips on purchasing a new air conditioner:

Capacity

First determine the size of the air conditioner you need. Large capacity air conditioners are not necessarily better. A larger unit uses more energy and will not cool an area uniformly. Also, using too much of a unit can create too much moisture in the air.

An air conditioner's capacity is measured by British Thermal Units (BTUs). Based on room size alone, it would take a 20,000 BTU unit to cool a room 20 feet by 20 feet, or one square foot of living space to be cooled. A room that is 15 feet wide by 20 feet long (300 square feet) would require a room air conditioner with a capacity of 6,000 BTUs (300 x 20).

Keep in mind that this is a rough estimate. Other factors to consider are the room's height, local climate and the amount of insulation in the house.

Efficiency

Once you've determined the capacity of the air conditioner, you can begin comparing the energy efficiency of different models with the same capacity. Although the more efficient models may cost more, you can often recoup the extra cost through the energy savings.

Information on an air conditioner

toner's energy efficiency is provided by the yellow EnergyGuide label displayed on each model. A room air conditioner's energy rating is measured by its energy efficient ratio (EER). The higher the EER, the more efficient the model.

An air conditioner with an EER rating of 10 or higher is considered most efficient. The EnergyGuide label also provides a cost chart to estimate the operating cost of the air conditioner, based on electric rates and estimated hours of use.

Central Air

If you are building a new home and want to cool the entire house, you should consider installing a central air conditioner. Similar to a room air conditioner, you can compare the efficiency of a central air conditioner by its SEER rating. The SEER is similar to the EER, but it indicates efficiency over the entire cooling season. The higher the SEER, the more efficient the air conditioner.

Ventilation

Once your air conditioner is installed and you start using it, consider using ventilation such as a ceiling fan to distribute the cooled air. A ceiling fan can make the room feel more comfortable at a warmer air conditioning setting. Supplementing your air conditioner with a ceiling fan can reduce energy usage by as much as 35 percent.

For more information on energy efficient air conditioning, contact the U.S. Department of Energy at 800-428-2523 or the PSEA&G Conservation Center at 800-854-4444, 24 hours a day.

BUSINESS

BUSINESS CALENDAR

THURSDAY, JULY 26
CRANFORD—Materials Management course on Mondays and Wednesdays from 9:30 to 10:30 a.m. For more info call 908-709-7600.

JULY 16-23
DETROIT, MI—60th Annual National Association of Negro Business and Professional Women's Clubs Convention. Call 313-863-6230.

WEDNESDAY, JULY 19
CHICAGO—Mobe Apparel Sports Business Symposium at the Dusitana Museum. For more info call 219-938-1888.

SOUTHORANGE, NJ—Business Protocol in the Pacific Rim from 5 to 7 p.m. at Saxon Hall. Call 201-378-9811.

JULY 19-23
OAKLAND, CA—8th Annual Convention—African American Business Expo Affirmative Action Dead or Alive Sponsored by the African American Chamber of Commerce at the Park Hotel. Call 510-444-5741.

THURSDAY, JULY 20
BRIDGEWATER—Advertising Techniques for New Business. 29 Year Company at Jack O'Conors Best & Seaford at 8:30 a.m. For more info call 908-725-1552.

MONDAY, JULY 24
CHERRY HILL—Wage Record/UDI Financing And Unemployment Processes seminar at the Sheraton Poste Inn at 8:30 a.m. For more info call 609-984-6797.

WEDNESDAY, JULY 26
PRINCETON—Wage Record/UDI Financing And Unemployment Processes seminar at the Governor Morris Hotel at 8:30 a.m. For more info call 609-984-6797.

TUESDAY, JULY 27
VOORHEES—Telecommunications conference Telecommuting: Rethinking the Workplace at the Mansion, Main St. For more info call 609-392-4004, ext. 515.

Minority Enterprise Development Week set for September 1995

WASHINGTON, DC—The 13th annual national Minority Enterprise Development Week (MEDWEEK '95) will be celebrated Sunday, September 24 through Wednesday, September 27, 1995. The MEDWEEK '95 events in Washington DC will be hosted by the U.S. Department of Commerce's Minority Business Development Agency and the U.S. Small Business Administration.

Activities will start with a Leadership Symposium hosting state and local minority business development officials, advocacy groups and corporate and federal government executives. The Leadership Symposium will be followed by three days of seminars, featured speakers, business

opportunity exhibitions, and market development sessions.

MEDWEEK '95 provides an opportunity to learn about minority businesses are contributing to the economic prosperity of the United States by capitalizing on diversity and innovation in the domestic and international marketplace.

MEDWEEK '95 will provide a forum for more than 1,000 executives of minority and majority businesses to interact in a professional business atmosphere. MEDWEEK '95 will emphasize the exciting future for minority business in America and serve as a forum for a discussion of the challenges facing minority business.

Seminars and training sessions will feature experts in the fields of information technology, domestic and international market development, government regulations, capital access, bonding, procurement, contracting, and insurance.

The celebration will include a formal reception with congressional leaders on Capitol Hill, awards celebrating recognizing the contributions of major corporations and individual minority businesses entrepreneurs, and networking receptions, lunches and dinners designed to enhance opportunities for business contacts.

A Business Exposition will feature displays and presentations by majority and minority businesses and offer an opportunity for direct access to contract and marketing executives.

Federal, state and local governments will provide information on procurement opportunities.

✓ Highlights of MEDWEEK '95 include:

✓ Executive Leadership Symposium with corporate and government executives.

✓ Business Opportunity Exposition

for contracting opportunities and networking National Electronic Town Hall Meeting with live call-in Congressional Reception and Awards Celebrations.

✓ Information Technology Center featuring hands-on training seminars.

Exhibit space and rooms at the Washington Sheraton Hotel are limited. For Hotel Reservations, call 1-800-25-3535 Fax: 202-387-5397 For Conference Registration, call 800-224-4884. For MEDWEEK Registration Exhibit Hall Space call 1-800-224-4884.

Business Opportunity Exposition

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News

Continued from page 3

than 30 black-owned companies seeking to do business in Japan. Kathryn Leary announced that she is turning her attention to Africa. And later this summer she plans to teach a seminar on women doing business in global markets.

—NEW YORK, NY

As I See...

Continued from page 4

In the 11 years of his administration he was also saddled with boards of education who knew little or nothing about running an efficient and productive school system or how to prevent or stop the downward spiral synonymous of Newark. But they did know how to enjoy the personal benefits of being a school board member: the free meals, trips and illusion of power over some of the most powerless group—children.

It is high time professionals on the part of school administrators, teachers and all the parental involvement outweigh political expediency in how Newark schools are run.

It is also imperative for us to remember that as long ago as 1968 then Gov. Richard J. Hughes called for a state takeover of the Newark schools deemed at that time to be "in an advanced state of decay," and in danger of future problems unless pro-protected.

The state will appoint a new 15 member school board. Hopefully they will not include any former members or persons who have been part of the problem. Newark kids deserve better.

Hopefully, Hall is a quick study. It's for sure she will learn early in her administration it really is a jungle out there.

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DMV

Continued from page 1

reach the office. "We're so fixated with the issue of privatization that we have blinders on to what's happening to folks like you and I throughout the state of New Jersey," said Pascarel.

The governor, a day before the July 8 closing of the offices, told a national television audience that she could sympathize with the unemployed because she was without a job in her early years in Washington.

"I'm not looking for sympathy," Governor Whitman a born millionaire told viewers on the *Larry King Live* show. "I'm not looking to try and say, 'I know what it's like to worry about getting your next meal's going to come from.' But I can at least sympathize."

Alan Kaufman, a representative

of the Communications Workers of America (CWA), told *City News* that the governor's comments were, "100 percent insincere" and stated that the governor has no idea how to relate to the working class. Kaufman pointed out that many of those affected by the government will be women and minorities who make up most of the public sector jobs. "How do you expect people to do the same job with a 40 percent pay cut, a 50 percent cut in benefits and a loss of pension...this plan should be a reality of a slave master," said Kaufman.

"You don't have to be a rocket scientist to figure out what's going on here," said Pascarel. "Look at where they are closing offices. It's a matter of who's important and who's not."

Alan Kaufman, a representative

Legal lynching

Continued from page 1

man who has claimed his innocence since the beginning, was the victim of a politically-motivated, racially-based prosecution in which evidence of his innocence was suppressed. He was denied his most fundamental right to a fair trial and appeal."

The Rev. Jesse Jackson has sent an open letter to demand an immediate stay of execution, a new trial so that Abu Jamal's lawyers can present new, formerly suppressed evidence that Judge Sabo, who presided over the original trial, should be permitted to participate in or interfere with the appeals process.

On July 12, in the Philadelphia Court of Common Pleas, Judge Albert Sabo refused to recuse himself from the hearing to stay the August 17 scheduled execution. Although Abu Jamal's attorney Leonard Weinglass has submitted over 400 pages in appeal, including a statement of 19 claims of constitutional error and improprieties committed during the first trial, Sabo refused to rule whether these claims "had merit" and whether a stay of execution is applicable and a new trial warranted. Another hearing to rule on the stay was scheduled for July 14, with others to follow. Judge Sabo, death row's "King," has a career total of 32

death sentences, of which 93.5 percent have been people of color (84 percent

black). JAXFAX is urging emergency action. Write your outrage and protest to: The Honorable Thomas Ridge, Governor of Pennsylvania, 255 Main Capitol Building, Harrisburg, Pa. 17120 or call

Community servants

Continued from page 1

gy where she earned a bachelor's of science degree in city planning and regional development. Ms. Lee is founder and organizer of the MIT Initiative for the Homeless.

Yasmin Delahoussaye, a resident of North Hills, California, is director of matriculation at Los Angeles Pierce College. She also is co-founder and coordinator of the non-profit Educational Student Tours program in which she has led more than 1,500 students to visit some of the country's top colleges and universities.

Doris Session Gill, the principal of Sam Houston Elementary School in Port Arthur, Texas, is credited with directing her teaching staff and students to the acquisition of the 1994 Texas Mentor School Award, the 1992 Texas Successful School's award and

AIDS hits

Continued from page 1

ways ministered to families and individuals and conducted grass roots programs to help AIDS victims.

As of December 1994 in Newark, 98 percent of children under the age of 13 who have full-blown AIDS are black and Latino. The current growth rate of AIDS in Newark's black population has exceeded that of New York City, which is approximately 86 percent—also an alarming rate. Equally important, among African-American children in Newark, this rate is steadily increasing over time while the rates for both white and Hispanic children are decreasing.

The percentage of black children with AIDS in Newark surpasses the percentage of black children with AIDS in both the United States and New York City. As indicated, over 83 percent of the children with AIDS in Newark under the age of 13 are black.

Newark



The percentage of black women with AIDS in Newark far exceeds the percentage of black women with AIDS in New York City. Over 87 percent of the women with AIDS in Newark are black, while 53 percent of the women with AIDS in New York are black.

Newark



South Africa

Continued from page 1

ing to foster international trade. Baj said the expedition serves as the first trip by American mayors to South Africa since the nation abolished apartheid. He added that Sister Cities International sought municipal leaders who have sister city relationships with municipalities in other countries and others who constituted a cross section of America.

East Orange's a very active Sister City Committee with a membership of business, cultural and civic organizations participating. In addition, East Orange, during the trade and economic mission to Ghana, established a sister city relationship with the city of Akrompong in Ghana. This relationship continues today.

East Orange General Hospital and other business partners have donated supplies and machinery to the health center in order for the Ghananians to effectively address health concerns in the West of African region.

Chair of the Sister Cities Committee for East Orange, Sandra Geneste said, "As cultural backgrounds of modern day America become ever more diverse and complex, it is extremely important that sister city relationships, such as the one between East Orange and Akrompong continue and that other

cities develop similar programs to initiate exposure to multiculturalism which helps people develop tolerance."

Cooper said, "In this global economy, we must develop partnerships that have as a priority a greater understanding of people and a business agenda that helps all of our economies grow and prosper."

John Cooper will be Newark Mayor. Sharpe James, and mayors from Albuquerque, NM, Oakland, Calif., Rochester, NY, Toledo, Ohio, Galveston, Texas, Winston Salem, NC, North Little Rock, Ark. and Rockford, Ill.

HUD grants

Continued from page 3

Newark: \$120,535

4. Atlantic Villas, Atlantic City: \$124,365

5. Townhouse Terrace East II: \$97,100

6. Brigantine Homes, Atlantic City: \$107,200

7. Townhouse Terrace West, Atlantic City: \$124,000

8. NIA Apartments, Bridgeton: \$123,800

Total: \$942,365

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HEARTBEAT

YOUR GUIDE TO HEALTHY LIVING

July 1995



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HB BRIEFS

Free booklet on childhood accidents

You can get tips on child safety in a free brochure entitled "Accident Prevention: A Family Guide to Child Safety," published in English and Spanish by Baylor College of Medicine in Houston. For a free copy of the brochure send a stamped (32 cent), self-addressed business (size #10) envelope to: "Accident Prevention," Room 176B, Baylor College of Medicine, Houston, Texas 77030. Indicate if you prefer English or Spanish.

Control of arthritic joint pain

Arthritis sufferers can control joint pain if they have access to a pool and remember the three R's: relaxation, range of motion and resistance. "Regular exercise can be better than medication for many people," said David Brennan, an exercise physiologist. The first R, relaxation, is as simple as easing into the pool, tensing the muscles and slowly relaxing them several times. The second R, range of motion, involves slowly rotating and flexing the joints that need exercise. This may require the help of a therapist to be sure the arm or leg is moving correctly. Resistance, the third R, builds muscle strength around the joint by increasing the speed of underwater movements. Strap-on devices that capture more water with movement can create greater resistance.

ABC's of skin protection

This summer, parents should teach their children the ABC's of skin protection: Away, Block and Cover. Away: Stay out of the sun from 10 a.m. to 3 p.m. when the rays are most intense. Block: Use a sun-block with a 15 or more sun protection factor (SPF), covering the shoulders, lips, nose and ears. Cover: Ask children to wear T-shirts and baseball-type caps, play in the shade and wear sunglasses. Remember dark-skinned children also need protection from the sun.

Parents' role in children's sports

Youth sports take commitment from child and parent, but knowing when to sit back and cheer may be a parent's hardest job. The outcome of sports for the child will be better if parents emphasize fair play, having fun and challenging oneself. Children often learn these values by observing parents at work and play. Parental involvement should not cross into coaching. Once a child joins a team, instruction should be left to the coaches.

Dangers of smokeless tobacco

Smokeless tobacco has hit a home run with

males between the ages of 16 and 29, and cancer control experts are crying foul. Many people think smokeless tobacco is a safe alternative to smoking, but there is a risk of developing oral cancer. Smokeless tobacco also has cosmetic pitfalls: bad breath, receding gums, stained teeth and white patches called leukoplakia on the gums. Studies show that 17 percent of boys in grades 3 through 12 and 22 percent of college men use smokeless tobacco more than once a week.

Pack a "medicine bag" for overseas travel

If you're headed for a foreign country, take along a "medicine bag." For example, people who normally suffer from constipation should take along laxatives, and those who suffer from headaches will want to pack pain relievers. Extra pairs of eyeglasses and contact lenses are also wise items to have. Also taking along written prescriptions for glasses and contacts.

Inoculations

The only inoculation usually required by foreign governments is for yellow fever, but travelers should consider other medical precautions. The most commonly recommended vaccine for overseas travel is gamma globulin as a hepatitis-A preventive. Also frequently suggested is a one-time polio booster for adults vaccinated long ago. Other precautions depend on destination. For example, exposure to Japanese encephalitis is possible in Southeast Asia. Meningitis is present in Africa and Nepal, and Saudi Arabia requires meningitis vaccinations for pilgrims to the Islamic holy cities of Mecca and Medina. Vaccination against cholera is sometimes advisable because some local officials still follow outdated guidelines.

Jet lag

Jet lag can be a problem for travelers. Air travelers have two clocks to reset between time zones: the wristwatch and the internal body "clock." The body clock, which regulates hormones and body functions in a 24-hour period, is normally in sync with day/night cycles. But jet lag occurs when this relationship is disturbed. To reduce jet lag:

- Adopt the sleep/wake cycle of the destination when you board the plane.
- Avoid napping during the day when you arrive at your destination.
- Spend time in sunlight, a major synchronizing factor.
- Avoid or minimize coffee, caffeine and alcohol consumption.
- Avoid sleep medications. They delay adjustment and do not allow normal sleep.

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HEALTH CALENDAR

WEDNESDAY, JULY 19

201-676-0800.

SATURDAY, JULY 29

EAST ORANGE—Red Cross Standard First Aid course at 9 a.m. at the Red Cross, 106 Washington St. For more info call 201-676-0800.

JULY 19, 20

EAST ORANGE—Red Cross HIV/AIDS Instructor course (101) at 9 a.m. at the Red Cross, 106 Washington St. Call 201-676-0800.

THURSDAY, JULY 20

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

BELLE MEAD—Cognitive Behavioral Treatment of Personality Disorders lecture at the Carrier Foundation at noon. Call 908-281-1461.

JULY 20 - 22

GHANA, AFRICA—Second International African Symposium on Sickle Cell Disease/tour of Ghana. For information write to: The Children's Hospital of Philadelphia, Attn: Comprehensive Sickle Cell Center, 324 S. 34th St., Philadelphia, PA 19110-9787 or call 215-590-3423.

STARTING JULY 25

MILLBURN—Support group for family and friends of cancer patients at Cancer Care. For more info call 201-379-7500.

TUESDAY, JULY 25

CRANFORD—"Cancer Prevention" preventive health seminar at Union County College at 7 p.m. For more info call 908-709-7600.

JULY 25, 27

NEWARK—Red Cross Community CPR course at St. Benedict Prep at 6 p.m. For more info call

AUGUST 1, 3

EAST ORANGE—Red Cross Instructor Candidate Training course at 7 p.m. at the Red Cross, 106 Washington St. For more info call 201-676-0800.

MONDAY, AUGUST 7

WESTFIELD—Support group for people caring for elderly or chronically ill at St. Helen's Church at 8 p.m. Call 908-233-8757.

TUESDAY, AUGUST 8

CRANFORD—"Substance Abuse: A Family Disease" preventive health seminar at Union County College at 7 p.m. Call 908-709-7600.

SATURDAY, AUGUST 12

EAST ORANGE—Red Cross CPR recertification days at 9 a.m. at the Red Cross, 106 Washington St. For more info call 201-676-0800.

AUGUST 14, 16

EAST ORANGE—Red Cross Community CPR course at 9 a.m. at the Red Cross, 106 Washington St. For more info call 201-676-0800.

AUGUST 15, 17

EAST ORANGE—Red Cross Community First Aid & Safety course at 5:30 p.m. at the Red Cross, 106 Washington St. Call 201-676-0800.

Send health activities to
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Exercise: Key to good health in later years

James L. Phillips, M.D.



James L. Phillips, M.D.

700 Morris Avenue, Suite 200

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(908) 235-1000

often be helped or even reversed by making lifestyle changes.

One of the major benefits of regular physical activity is protection against heart disease. Indeed, researchers at Baylor College of Medicine in Houston have found that exercise can affect how calcium is "transported" within the heart, an important process that allows the heart to function better.

Physical activity can also provide some protection against other chronic diseases such as adult-onset diabetes, arthritis, hypertension, certain cancers, osteoporosis and depression. A balanced, nutritious diet with no more than 30 percent of calories from fats, plenty of sleep, and regular exercise are the keys.

Choose an activity that you will enjoy and that you are capable of doing. Walk, swim, play tennis, lift weights, do simple calisthenics, whatever is fun for you and is approved by your doctor.

(Continued on next page)

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Suicides escalating among black teens

The suicide rate for African-American male teenagers has risen three times as fast during a recent ten year period than the suicide rate among white teenagers, although white teens still end their own lives more frequently, according to a recent study in the American Journal of Psychiatry.

"Suicide will soon be as common for blacks as it is for whites," warned the study's authors. Meanwhile, suicide continued to remain much more prevalent among men than women.

A ten year comparison of 1980 to 1990 mortality data revealed that the suicide rate for black teen males jumped 107 percent compared to the 32 percent rise among whites. Yet, in 1990, white teen males were still twice as likely to commit suicide as blacks in that age group.

"The reasons for the difference in suicide rates between African Americans and whites in the United States are as poorly understood as the considerable differences in suicide between nations," the researchers stated. "It seems unlikely that the differences can be attributed to different stress levels because if that were the case, then the rate would surely be higher in African Americans."

Exercise

(Continued from page 2)

- Some steps to effective exercise should include:
 - Always drink plenty of water before, during and after exercise.
 - Make exercise a daily routine. Ask a friend to join you
 - Start gradually, 5 to 10 minutes a day, and slowly build up to about 30 minute workouts
 - Breath deeply, and evenly during and between exercises.

HB KIDS

Summer dental visits reduce lost class-time

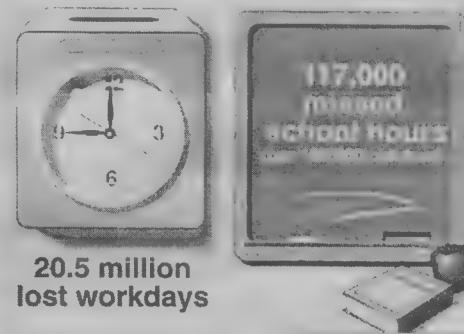
Sunny days outdoors, riding bikes, going to the pool and visiting the dentist. At least one of those activities might not be kids' ideal activity this summer, but dental visits this time of year prevent children of all ages from losing valuable class time during the school year, in addition to promoting and maintaining good oral health, says Delta Dental Plans Association, the nation's oldest and largest dental benefits carrier.

"Summer dental visits reduce lost class time through their emphasis on prevention," said Carl Zimmerman, president and CEO of Delta Dental, a not-for-profit association.

"Dental disease is responsible for 117,000 school hours lost per 100,000 children, so regular dental care is an important preventive part of children's overall personal health that should be addressed all year long.

Poor oral health is costly to America

Dental-related illnesses annually result in



"Visiting the dentist during the summer means children will not have to miss class during the school year," said Zimmerman.

"Scheduling is easier, for both the child, who is out of school, and the dentist, who may have a decreased patient load as a result of vacationers."

The summer visit is even more important for students that are headed to college for the first time in the fall. A summer visit can help ensure that valuable time will not be wasted during the semester in seeking out a new dentist at college for care that would have been easily done during the summer.

Regular dental visits are important for health reasons but they also benefit the pocket book because the visits can translate into early detection and less expensive, cost-effective treatment. Delayed

exams and treatment can result in painful dental diseases which are more costly over the long-term.

"Camp Superkids" helps children with asthma learn to breathe easier

For children with asthma, the American Lung Association of New Jersey's "CAMP SUPERKIDS 1995," the only experience of its kind in the Garden State, is good medicine!

A \$5,000 scholarship contribution from Hoffmann-LaRoche Inc. will enable several area youngsters to participate in "CAMP SUPERKIDS," which began June 25.

More than 100 New Jersey youngsters, representing every county in the state, will learn how to build self-esteem, self-confidence, to breathe easier and be a regular kid by developing a sense of responsibility in managing and controlling their condition.

Now in its fourteenth year, the program, open to youngsters 7 to 13 years of age, has proved to be an effective way to augment the treatment of pediatric asthma. "CAMP SUPERKIDS 1995" will be held at YMCA

Camp Ockanickon, Medford, NJ in South Jersey's picturesque pine lands region.

The camp medical staff, including physicians, nurses and respiratory therapists, provides comprehensive and quality care 24-hours a day. There are regularly scheduled medication sessions, special diets for youngsters with food allergies and special attention is given to each child's emotional and physical requirements.

In addition to swimming, boating, arts and crafts and other camp activities, the children attend education sessions where they will learn to better understand, manage and control their asthma and develop healthier lifestyles.

For information about the Lung Association's camping program and other asthma services, contact your area Lung Association at 908-687-9340 and 201-791-6600.

Safety swimming tips for your child

What better way to cool-off from escalating summer temperatures than by taking a dip in the pool or a swim at the beach. Splashing around in water can be a quick fix when the summer heat begins to blister. But without adult supervision and by not following basic safety rules, fun in the water can turn into disaster for a child.

Drowning takes the lives of approximately 1,150 children ages 14 and under each year, ranking as the second leading health threat to children in this age group. Another 5,000 are hospitalized due to near-drownings each year. This is why it is so important to always supervise children when they are in or near water.

Young children are more vulnerable to the potential hazards of swimming pools. Of

all age groups, children ages one to four have the highest drowning death rate. A swimming pool is 14 times more likely than a motor vehicle to be involved in the death of a child aged four and under.

If water plays a role in your family's summertime activities, the National Safe Kids Campaign suggests the following tips to make sure water activities remain safe:

- Make sure pools and spas are secure. Install a four-sided fence that is five feet high. The fence should have a self-closing and self-latching gate. Do not consider the exterior of the house as one side of the fence.
- Never leave children alone in or near water. Always watch while children are

(Continued on page 7)



New guidelines can help African Americans recover from stroke

A new, free guideline recently released by the Agency for Health Care Policy and Research (AHCPR) can help African Americans and others recover from strokes. It spells out in detail what people should know about strokes, how to care for stroke survivors at home, and how to help stroke survivors get the most out of their rehabilitation experience.

The guideline, which was developed by a non-federal, private sector multi-disciplinary panel of experts, including an African-American physician and a clinical social

worker, is important for African-American patients, their families, and caregivers for a number of reasons.

"Strokes cause an enormous emotional and financial impact on survivors, their families and caregivers. They, too, are members of this rehabilitation team. This guideline shows them how to work with health care professionals to achieve the best results from rehabilitation," according to Francis Chesley, M.D., a medical officer for the AHCPR center which coordinates guideline development.

It suggests that families and caregivers ask health care providers what the prognosis is and questions about rehabilitation clinics for the recovery of their loved one such as: the different kinds of places where rehabilitation can take place; the differences between the facilities and the services offered; the quality of the program and what staff is available to provide services to the stroke survivor.

"The road to recovery can be a long one for patients, their family members, and caregivers. But, this new guideline can make

the journey a little easier for everyone," says Dr. Chesley.

For more information about post-stroke rehabilitation, or to get a free copy of *Recovering After A Stroke* or the version for health care providers, call 1-800-358-9295. Copies also are available by writing to the Agency For Health Care Policy and Research Publications Clearinghouse, P.O. Box 8547, Silver Spring, MD 20907.

Physical and occupational therapy helps arthritis

The pain and limited movement that arthritis brings can make even the simplest task difficult. But the wise use of physical and occupational therapists can help many people limit their pain and overcome daily obstacles to maintain an active lifestyle, according to the Arthritis Foundation.

An article in the current issue of *Arthritis Today*, the Arthritis Foundation's national consumer magazine, says that it's important to know how occupational and physical therapists can help, so you can take advantage of their aid when needed, even if their help is not needed right now.

"These therapists can provide useful strategies for dealing with the practical side of arthritis by making it easier for you to get through the day and take care of your joints. They're an important part of a total treatment team," says Andrew B. Weinberger, MD, chair of the Medical and Scientific Committee of the Arthritis Foundation, New Jersey Chapter.

Physical therapists (PTs) maintain joint use while emphasizing pain reduction and increased joint mobility. Treatment might include use of warm water therapy, ice, electrical stimulation of nerves, strength and flexibility exercises, or other strategies.

Occupational therapists (OTs) focus on ways to do daily tasks more easily and adapt to any lifestyle changes caused by arthritis. After an evaluation of a person's ability to manage various tasks, an OT may suggest lifestyle adjustments, changes to the way tasks are performed, the use of adaptive devices to make tasks easier, energy conservation measures, and other joint protection tips to lessen the stress on joints.

The Arthritis Foundation recommends that you consider seeing an OT or PT when:

- medications alone don't ease your pain

- pain, limited movement, fatigue, or swelling makes daily activities difficult
- daily demands exceed your physical or emotional skills to cope
- you want to learn ways to control your life in spite of chronic symptoms
- you want to learn how to minimize stress to joints and surrounding tissues

To seek help from an OT or PT, speak to your doctor for a referral to ensure that insurance will help cover the cost. Also, ask for a therapist who has worked with people with arthritis. If you have arthritis in your hands, ask if the therapist is experienced in hand-splinting in case you need splints to provide rest or support.

For free information about arthritis and to learn about the wide array of programs and services offered throughout the state, call 908-283-4300, 201-986-0100, or 609-482-0600.

Aetna health plan provides tips on summer safety

NEW YORK—A review of the top 50 causes of local emergency room visits last summer indicates more than half of these trips can be prevented, according to Aetna Health Plans (AHP) of Metro New York, a managed care company.

"We surveyed our records from June through September, 1994, and learned that the increased physical activity in the warmer months puts people at more risk for injury," said Gerald J. Russo, MD, medical director, Aetna Health Plans. "But in many cases, basic pre-cautionary measures can reduce the potential for accidents."

Based on the data, AHP has developed the following list of the most common preventable accidents and tips to prevent them from occurring:

Lacerations, open wounds, or cuts of the fingers, face, hands, and/or legs, for example, are common reasons for people visiting the emergency room. To avoid lacerations, if working with tools, wear protective gear, clothing, and/or gloves as recommended and always operate equipment as recommended by the manufacturer and in the appropriate setting. Also, during recreational activities, such as rollerblading or bicycling, follow instructions and wear the right clothing.

Ankle sprains, alone, account for approximately three percent of all visits to the emergency room. "Guarding against ankle sprains can be as simple as using the correct footwear," said Dr. Russo. "Basketball shoes give more support to the ankles, running shoes should be used by even the most casual of joggers, and hikers have special footwear needs."

Corneal abrasions, or eye injuries, are another prevalent cause for trips to the emergency room. Eye injuries can be avoided by shielding your eyes with goggles or protective glasses when working or playing.

Bee stings are also very common during the summer months. Bees generally sting only when provoked. If you are allergic to bee stings, there are commercial kits available for the treatment of the allergic reaction in the event of an emergency. People should contact their physician for information on such kits.

Summer living ideas for older adults

Summer is a time for relaxing and enjoying the nice weather and sunshine. It is necessary to take some precautions, however, in order to enjoy a safe, healthy season. The healthcare professionals at Greenbrook Manor Nursing and Rehabilitation Center, offer these tips to help make summer more pleasurable for older adults.

Guard Your Health

- Stay inside if the humidity is high. There is less oxygen in the air and this is particularly hazardous to anyone with a lung illness such as asthma or emphysema.
- Chronic congestive heart failure generally worsens in the summer. Beware of signs such as difficulty in breathing and swelling of the ankles or feet.
- Be prepared for allergy problems. Allergies often worsen in the summer due to increased vegetation, spore growth and moisture.

Protect yourself from the sun

- Avoid direct sunlight whenever possible.
- If you go outdoors, try to stay out of the sun from 10 a.m. to 3 p.m. when the sun's rays are the strongest.
- Cover up whenever you're out in the sun. Wear a hat and loose clothing.

Use a sunscreen with a sun protection factor (SPF) of at least 15. Sunscreen keeps out the harmful rays of the sun. Apply it at least 15 to 30 minutes before going in the sun. Reapply sunscreen after swimming or sweating.

- Beware of cloudy days. You can still get burned even though the sun isn't visible.

Modify your activity

- Increase your fluid level by 20 to 40 percent depending on how active you are. Drink plenty of water to stay hydrated.
- Decrease alcohol intake. The heat can intensify alcohol's effects.
- Enjoy activities such as gardening or walking early in the morning or later in the evening to avoid exerting yourself during the hottest part of the day.
- Try a new indoor hobby. Begin that book you've been wanting to read or write a letter to a friend instead of exposing yourself to the sun during the heat of the day.

Take special precautions

near the water

- Always go to a beach or pool that is staffed by a lifeguard.
- The sun's reflection on the water can make focusing difficult due to increased

glare. Wearing UV-approved sunglasses may alleviate this problem.

- Keep in mind that the sun's rays can reach you through three feet of water. Even though you may feel cool in the water, the sun can still burn you.
- Don't walk barefoot by the pool. It is easier to lose your balance without shoes and the area may already be slippery.

Reduce the risk of lyme disease

- When you are outside in grassy, wooded or garden areas, wear socks pulled up over long pants, closed shoes, a hat and light-colored clothing with sleeves.
- Use a commercial tick repellent on clothing.
- Keep your lawn mowed and cut overgrown brush.
- After spending time in a grassy or overgrown area, shower immediately and wash your clothes.

Treat insect bites with care

- If you are bitten by a tick, use tweezers to remove it as soon as possible. Be careful not to squash or squeeze the tick during removal. Consult your family physician.
- Apply a paste made of baking soda and water to bee stings.
- Treat mosquito bites and similar stings with astringent.

Glory Foods is now available in Pathmark stores

Consumers anxiously awaiting the arrival of Glory Foods, can now find their favorite southern-style vegetables in Pathmark stores throughout the New York, New Jersey and Philadelphia areas. Touted as the "next best thing to Mama's homecooking," Glory Foods' products feature a full-line of pre-seasoned, tastefully delicious canned vegetables that capture the taste and flavor of down-home cooking.

Since Glory Foods' inception and launch in Columbus, Ohio in 1992, Glory Foods has earned a steady stream of supporters and customers and is currently distributed nationally in over 22 states extending from the southern states to the Atlantic.

Glory Foods full-line of popular products include: collard, kale, turnip, mustard and mixed greens, string beans, string beans and potatoes, okra, sweetpotatoes, blackeye peas, field peas, field peas with snaps, great northern beans, pinto beans, lima beans and butterbeans, packaged homestyle cornbread, golden muffin mix, hot sauce and peppered vinegar.

Glory Foods, Inc. began with a simple idea, to create "down home taste" in African-American cuisine that is quick and easy to prepare for today's busy lifestyles.

In 1989, when Bill Williams, Iris McCord and Dan Charna sat around discussing traditional holiday meals prepared by various ethnic groups, they soon realized that while there are a diversity of food products available for specific ethnic groups, i.e., Hispanic, Italian, Jewish, Chinese, there was no one product line directly targeted to African-American consumers.

African Americans prepare specific types of foods such as blackeye peas and collard greens to commemorate certain holidays, foods that are deeply rooted in southern tradition and culture and yet none of these foods were readily available without hours of preparation. With extensive backgrounds in food management and marketing, Williams, McCord and Charna began researching the marketing potential and opportunity for a convenient line of heat-and-eat products.

Glory's team sought professional assistance from such groups as Ohio State University's Department of Food Science and Technology. Here they began experimenting with recipes, preparation time, seasonings and packaging. Focus groups and surveys were also conducted to test consumer interest and consumption habits. A survey conducted among 400 African Americans revealed that 55 percent consumed greens daily, 39 percent consumed them weekly and 32 percent consumed them monthly.

Glory's then approached the Krogers supermarket chain in Columbus, Ohio to test the products' sales potential. Sales of Glory Foods products soared. Products were often being sold out before reordering could take place. The low-fat heat and eat greens quickly became the most popular items.

In January of 1993, Glory launched its national rollout of products in Atlanta, Ga. with a media reception that drew over 600 of Atlanta's community influencers and political leaders to sample Glory's tasteful line of products.

Glory Foods continues to expand into other markets. Products are now sold in over 19 major markets, and sales have exceeded expectations.

A small percentage of Glory's products are grown by African-American farmers in

South Carolina. These farmers are members of The Federation of Southern Cooperative Land Assistance Fund, an organization that is dedicated to the economic development of Africa-American Farmers. As Glory continues to increase its distribution, the company also hopes to increase participation with the framers as well.

The overwhelming response for the products initial success is that they are based on traditional recipes familiar to most African-American palates and those who enjoy southern cooking. The company slogan, "Just About The Best," acknowledges that no one can make home cooking taste as good as your mother's, but Glory Foods are delicious and convenient heat-and-eat products that truly are "Just About The Best!"



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HB DISCOVERY

NIH and Howard University host forum on CHD and blacks

"A bigger issue demands a bigger team," said one speaker at the Forum on the Status of Coronary Heart Disease (CHD) in blacks.

He was referring to blacks having a higher death rate from CHD than whites. Their death rate from stroke is almost twice that of whites.

To help build that "bigger team," units, the National Institutes of Health (NIH) joined forces with Howard University in the first of a series of forums aimed at decreasing CHD among blacks.

Held on the Howard University campus in Washington, D.C., the forum focused on ways to prevent and control high blood pressure among blacks. High blood pressure, or hypertension, is the chief cause of stroke and a major risk factor for CHD. Participants included top medical researchers, public health educators, politicians, community activists and communicators.

NHLBI director Dr. Claude Lenfant and NIH associate director for Research on Minority Health Dr. John Ruffin opened the forum by saying the goal was to draft a blueprint for action.

Speaking next, Rep. Louis Stokes (D-OH), added that the forum was a first step in what would be "a long-term initiative to

eradicate CHD in African Americans.

"I am keenly aware of the toll CHD takes on all Americans and on blacks in particular," he said. He urged blacks to reduce their chance of developing CHD by not smoking, following a low-fat eating plan, losing excess weight and becoming physically active.

The day-long event then turned to research findings. Dr. John Flack, associate and medical director of the Hypertension Center at the Bowman Gray School of Medicine in Winston-Salem, NC, noted 32 percent of blacks have high blood pressure, compared with 24 percent of the overall U.S. population.

Reasons for the disparity are not yet understood. Factors believed to play a part include blacks' greater sensitivity to salt and sodium, genetics, microvascular differences, obesity and socioeconomic status.

Dr. Gerald Berenson, director of the Tulane Center for Cardiovascular Health at the Tulane University School of Public Health in New Orleans, offered other insights. He directs the long-term, NHLBI-supported Bogalusa Heart Study, which has been following a large group of black and white children.

The study found fatty streaks in blood vessels in black children, particularly in the

aorta, the main vessel of the heart. Such fatty streaks are an early sign of the process that leads to CHD.

The study also showed that, by ages 14 for girls and 20 for boys, blacks have higher blood pressures than whites. That finding, Berenson stressed, means efforts to prevent high blood pressure and CHD must start early.

Dr. Noma Anderson, associate professor in the Department of Communication Sciences and Disorders at Howard's School of Communications, recommended using family-oriented health messages aimed at the person "who cares most for those you want to reach." For example, seniors could be reached through their adult children.

One of the best educators in black communities is the church said the Rev. Dr. Melvin B. Tugge II, pastor of Garden of Prayer Bap-

tist Church in Baltimore.

"The church is the center of the African-American community. Schools open and close, factories leave, but the churches are always there, even for those who do not attend services."

The NHLBI-funded project delivers health messages to low-income blacks through churches and barber and beauty shops.

At the forum's close, Dr. Orlando Taylor, interim vice president for academic affairs at Howard University, reminded participants that "the mission to reduce CHD is one of urgency."

"We're trying to win the war against CHD in blacks," said Taylor. "It can't be won by NIH alone, or universities alone, or national organizations, or communities. It needs all of us."

Who needs eye protection from ultraviolet (UV) radiation?

By now, most people know that the sun's ultraviolet (UV) radiation is dangerous to the skin. But did you also know this same UV radiation puts your eyes at risk of damage?

UV light can have immediate and/or long term effects on the eyes. Photokeratitis is an example of an immediate effect which causes something like a painful sunburn on the front surface of the eyes. This is what happens with snow blindness.

Long term effects include links to cataract formation and possibly macular degeneration. The damaging effects of exposure to UV radiation can be cumulative, with the consequences not immediately apparent. Excessive exposure today can cause eye problems tomorrow.

UV radiation is year-round. But levels are affected by several factors:

Time of day: UV radiation is greatest at midday. Over 50 percent UV radiation occurs

between 10 a.m. 2 p.m.

The Season: UV radiation is higher in spring, summer and fall, than it is in winter.

Cloud Cover: Thick heavy clouds absorb most UV radiation, in general, the darker the clouds, the less UV radiation. But be careful of thin clouds and haze because UV still passes through.

The Environment: You get higher UV exposure on snow, sand, water, or concrete, since these surfaces reflect the sun's rays. You also get higher UV radiation level at higher altitudes and at areas closer to the Equator.

The good news is there are easy ways to help protect yourself from UV radiation damage. Protective measures include wearing sunglasses that block at least 99 percent of the UV radiation; wearing a hat with a brim or a visor, and applying sunscreen or wearing protective clothing for your skin.

Prostate cancer awareness campaign

The New Jersey Division of the American Cancer Society and the New Jersey Department of Health have jointly developed a prostate cancer public awareness campaign to educate men about prostate cancer risks and increase early detection of the disease.

"This year, more than 8,000 men in New Jersey will be diagnosed with prostate cancer and 1,300 men will die," said State Health Commissioner Len Fishman.

Prostate cancer awareness brochures and posters are being distributed to nearly 8,000 locations around the state, including barber shops, supermarkets, libraries, community groups, health care providers and religious groups. Included is a letter from Commissioner Fishman and Dr. Donald Brief, president of the American Cancer Society, New Jersey Division, inviting organizations to or-

der more brochures and posters to make them available to the men of New Jersey.

The American Cancer Society recommends that every man over age 40 have a digital rectal exam as part of his annual check-up. At age 50, that check-up should include the prostate specific antigen (PSA) blood test.

"When detected early, the five-year survival rate for patients with prostate cancer is 94 percent," said Dr. Stuart C. Finch, vice president of Research and Development for Cooper Hospital University Medical Center in Camden.

Organizations and members of the public may order the free brochures and posters by writing to the American Cancer Society New Jersey Division, 2600 U.S. Highway 1, P.O. Box 6001, North Brunswick, NJ 08902-6001, or calling 1-800-ACS-2345.

Combat aging by staying younger, longer

by Robert N. Taylor

While it is not possible to forever defy the laws of nature, it is indeed possible to live a longer, healthier and happier life by simply changing some of your behavior.

William Evans, professor of applied physiology and nutrition at Pennsylvania State University, puts the art of combating the negative effects of aging this way, "Much of what we think of as aging is actually the result of a lifetime's accumulation of poor habits, rather than the march of time."

Thus, if you want to live a longer, healthier and happier life, it may be time to change your habits. However, the good news is that we are not talking about dramatic changes. Indeed, just a few of the right steps can lead to dramatic changes in your life. Here are some of those steps:

Eat More Fruits And Vegetables!

The evidence is overwhelming that fruits and vegetables lengthen your life by helping your body fight a wide range of diseases and ailments including heart disease and cancer. The most beneficial appear to be dark-green leafy vegetables. There is no need to become a vegetarian but you should begin every meal with a vegetable and snack on fruit during the day.

Clear Your Mind!

No one has been able to clearly measure it yet, but there is a growing body of data which suggests that stress is a killer. Conversely, knowing how to handle stress can be a life saver. In this regard, it is important to keep a clear, uncluttered mind and maintain a positive, there-is-always-a-solution approach to life. You must de-stress by getting plenty of rest, relaxation and enjoyment.

Pump Iron!

Lifting weight is not just a "vanity thing" for young men and women. Main-

taining muscle mass may be helpful in warding off ailments from diabetes to heart disease. Plus, a firm, non-sagging body looks better on both men and women. In addition, such a body will make you feel better and thus help maintain high levels of self-esteem. It may sound superficial but it is very important to a happy, healthy life.

Have A Drink!

Most health experts do not like to mention this, but people who drink moderately (two or three drinks a day) live longer than heavy drinkers and people who do not drink at all. It appears that the moderate consumption of alcohol helps to clear the arteries and thus reduces a person's risk for heart disease - the number killer in America.

Stay Sexually Active!

Having an orgasm can actually boost your immune system and better enable you to fight disease. Dr. Reed Moskowitz of the New York University Medical Center says, "Sex is one of the greatest stress busters around." Plus, sex keeps one young.

Exercise!

I am sorry folks, but if you refuse to exercise on a regular basis, you can forget about living a long, healthy life. The body has been designed by evolution for activity. When you refuse to be active, you are going against a basic law of nature. Aerobic exercise is a must. You have got to run, jog, swim or engage in some consistent activity which pumps up the heart.

Know Your Family Tree!

Certain ailments and problems run in families. Your genetic inheritance plays a major role in how long you are likely to live. Know what killed members of your family, especially same sex members. This information will give you direction on both what to do and what to avoid.

HB PULSE

Free telephone support program for seniors



Celia Kearney, director of the Telephone Reassurance Program, (left) and Sonja Gray, social service aide.

Thanks to a grant from the Essex County Division of Aging, a new county-wide Telephone Reassurance Program is available for all Essex County residents age 60 or older

who could benefit from telephone support contact.

Focused on those seniors who live alone, have no family nearby and might otherwise have no one to check about their well-being, trained callers from the Telephone Reassurance Program call daily.

According to Celia Kearney, director of the Telephone Reassurance Program, "Our callers are a lifeline for the seniors. Each caller is trained to offer words of support, check on their physical and emotional well-being and contact emergency services when needed."

Since many seniors have little or no support system, the Telephone Reassurance Program, which has been highly successful in the Irvington and Newark areas, is very effective in providing an all-important link to those who might have no one close by to see how they are faring.

Anyone interested in this very important no-cost service is asked to call Kearney regarding the Telephone Reassurance Program at 201-399-6409 or 6125. The support staff will be happy to answer any questions and initiate immediate telephone contact service as requested.



(Left to right) are Garrett Keating, M.D., of Watchung, chairman of the board of Trustees of the Muhlenberg Foundation, the fundraising arm of Muhlenberg Regional Medical Center, Betty Keating, of Watchung, winner of the William Augustus Muhlenberg Award, John R. Kopicki, president and CEO of Muhlenberg Regional Medical Center and Father Aloysius Carney, Muhlenberg Regional Medical Center chaplain and winner of the William Augustus Muhlenberg Award, following the annual awards program at the medical center.



(Left to right) are John R. Kopicki, president and CEO of Muhlenberg Regional Medical Center, congratulates the three winners of the Lowell F. Johnson Philanthropic Award, Gordon Melville, MD, representing Associated Radiologists, Edwin Kunzman representing The Arnold A. Schwartz Foundation and Nina P. Weil, of Alpine Aromatics International, Inc., who received their awards from Garrett M. Keating, M.D. (far right), chairman of the Muhlenberg Foundation.

AKA campaign targets HIV/AIDS



AIDS Educator for the American Red Cross Debra Muhammad points out some of the facts and dispelling myths about HIV/AIDS to workshop participants that was sponsored by the Beta Alpha Omega Chapter, Newark to the Alpha Kappa Alpha Sorority, Inc. Chapter president Lamya D. Clarke said our aim is to educate the community about resources for limiting the spread of HIV/AIDS and helping those who are infected.



Open House: The Mental Health Association of Essex County recently held an open house at its new headquarters in Montclair. Looking over a directory of services provided by the organization are board members (L-R): Joan Kram of West Orange, Mark Eisner of South Orange and Gemma Haynes of Irvington.

Exercise

(Continued from page 2)

playing in or near water, even in shallow wading pools. Children can drown in less than one inch of water—and it can happen in the short amount of time it takes to answer the telephone. Children should learn to swim. Enroll children over age three in swimming lessons taught by qualified instructors. Do not assume your child is "drown-proof." Just because your child has taken lessons and learned to swim does not mean he or she does not need supervision.

- Adults should learn infant and child CPR. And should learn how to swim. Require adult supervision. Remind children that they should never go near the

water unless an adult is present.

Pay attention to the water itself. Be aware of undercurrents and the changing nature of waves and undertows when at the ocean or lake.

Do not let children dive into water unless an adult is present and knows the depth of the water. Diving should not be permitted in water that is less than five feet deep.

Watch out for sunburn. Make sure children are wearing plenty of waterproof sunscreen. And protect children's feet from hot sand and sharp objects by having them wear water-safe shoes.

Provided by the National Safe Kids Campaign.

Look who's listening.

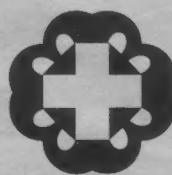


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For information and assistance call the Women's and Children's Health Services at Orange Memorial Hospital: **201-266-2080**



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